

# PREVENTING PRESSURE ULCERS



Pressure damage often occurs over **bony prominences**

Appears as areas of **non-blanching erythema** or **superficial tissue loss**



Pressure ulcers are **CONE** shaped

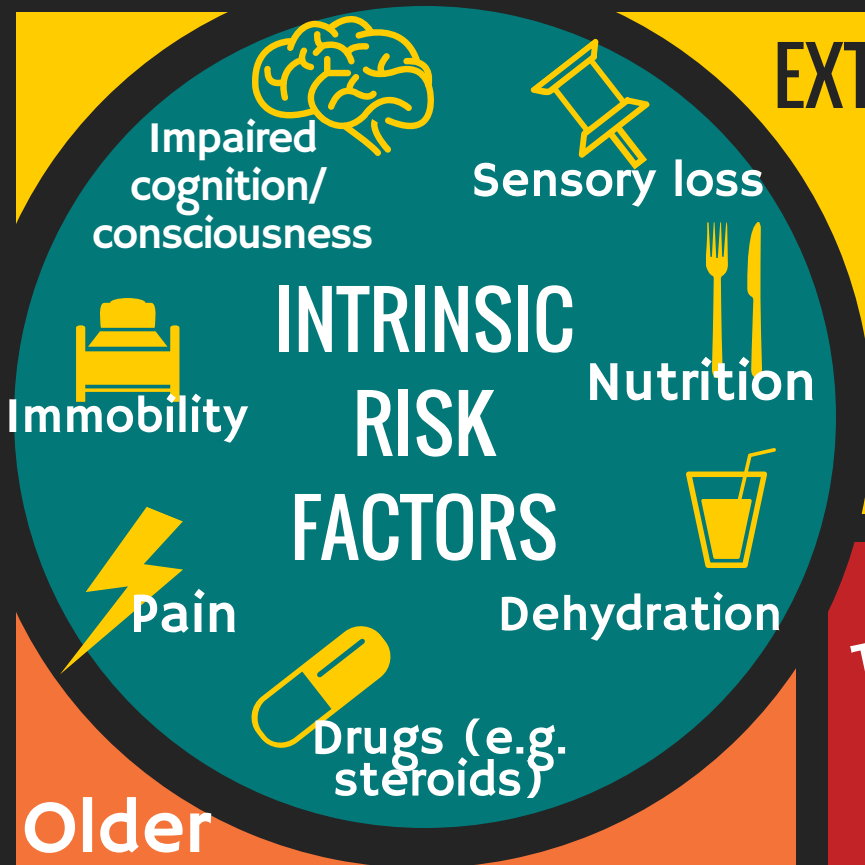
Damage under the surface may be far more extensive than what you can see

PRESSURE

VESSEL OCCLUSION

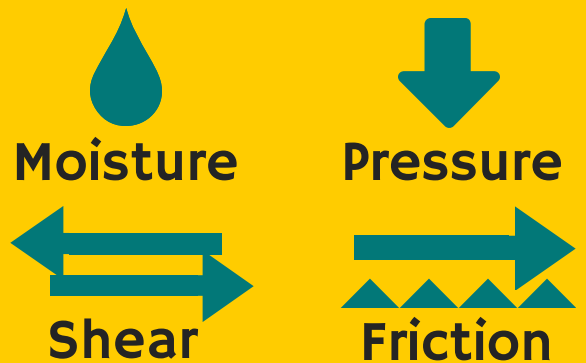
ISCHAEMIA

TISSUE DEATH



Older skin is **more vulnerable** to pressure damage

## EXTRINSIC RISK FACTORS



Think



**S**kin  
**S**urface  
**K**eeP moving  
**I**ncontinence  
**N**utrition

